

Swim smart. Follow beach warning signs.

Every week in Hawaii one person drowns in the ocean.



A reminder from the Hawaii State Department of Health
and its community partners.



NO GET HURT Hawaii

**Ocean conditions constantly change.
A calm-looking sea can become rough
in an instant. Prevent your risk of
ocean drowning:**

- Read and follow beach warning signs
- Swim at lifeguarded beaches
- Talk to a lifeguard about ocean conditions
- Be careful when entering the water
- Always swim with a buddy
- Visit **www.hawaiibeachsafety.org** for current information about Hawaii beach safety

Injuries are preventable.

www.nogethurt.hawaii.gov